

**Health-e
LIVING**



Unatego MS/HS Lunch Menu

November

2018

InSeason! Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



01
NY Thursdays:
Cheeseburger
Whole Grain Roll
French Fries
Green Beans

02
Assorted Classic
Pizza
Romaine Salad
w/ Tomatoes, Fresh
Cucumbers
& Chickpeas

05
Cheese Ravioli
w/ Marinara Sauce
Garlic Toast
Green Beans

06
Loaded Taco
w/ Meat & Cheese
Golden Corn
Refried Beans
Whole Grain Rice

07
Chicken Parmesan
Or Chicken Patty
Whole Grain Roll
Potato Wedges
Seasoned Carrots

08
NY Thursdays:
Chicken Drumsticks
Potato Salad
Roasted Broccoli

09
Assorted Classic
Pizza
Romaine Salad
w/ Tomatoes
Fresh Cucumbers

12
No School
Veterans Day

13
Loaded Nachos
w/ Meat Or Chicken
Salsa & Cheese
Golden Corn

14
Chicken Tenders
Cheesy French Fries
Seasoned Carrots

15
Thanksgiving Dinner
Turkey & Gravy
Stuffing, Cranberry
Mashed & Sweet
Potatoes, Peas &
Carrots, Dinner Roll
Pumpkin Pie

16
Pepperoni Roll
Romaine Salad
w/ Tomatoes
Fresh Cucumbers
& Chickpeas

19
No School

20
No School

21
No School

22
Happy Thanksgiving Day

23
No School

26
Homemade
Macaroni & Cheese
Whole Grain Roll
w/ Broccoli Trees

27
Loaded Taco
w/ Meat & Cheese
Golden Corn
Refried Beans

28
Turkey BLT
Sub
Green Beans
Pasta Salad

29
Cream of Chicken
Over Rice
Peas

30
Assorted
Classic Pizza
Romaine Salad
w/ Tomatoes &
Fresh Cucumbers

Announcements

Available Daily:
Canned Fruit, Fresh Fruit,
Fresh Veggie, Hot Veggie
of the Day
May Choose up to two (2)
Milk Choices:
1% White, Skim White,
& Skim Chocolate
Daily Choices:
Sandwich of the Day
PB&J
Yogurt Parfaits
Fruit Smoothies
Garden Salad
**Menu subject to change
without notice**
"USDA is an equal opportunity
provider and employer."

Meal Prices

Unatego Central School is pleased to announce that for the 2018-2019 school year, the district will provide school meals (Breakfast & Lunch) to all students @ No cost. This is made possible through the Federal Community Eligibility Provision.
Please return CEP Application for other school programs.